

10-22-2009

The Pacifican October 22, 2009

University of the Pacific

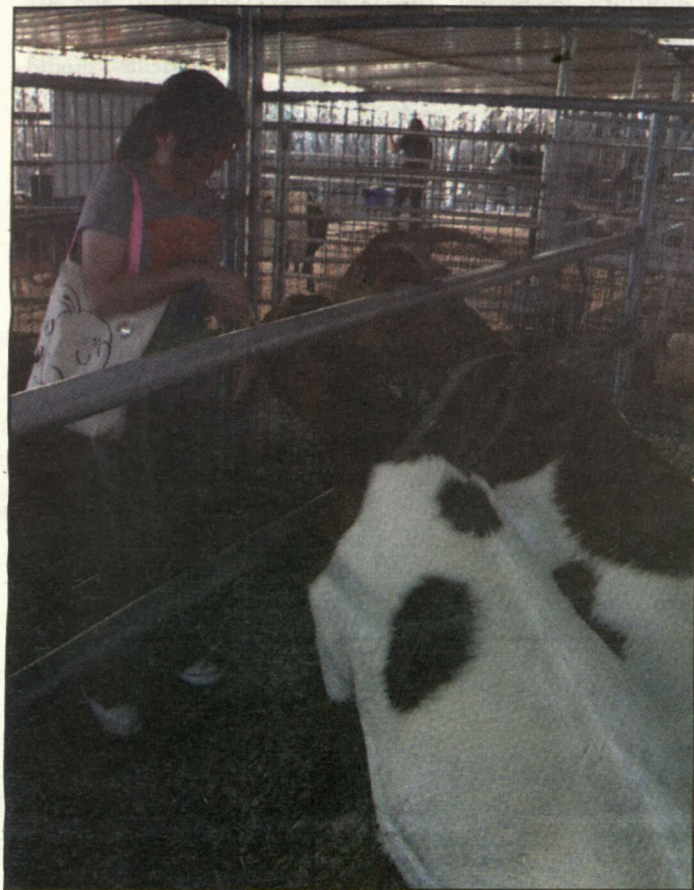
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Dell'Osso Farms Offers an Unforgettable Experience



Tracy Johnson/The Pacifican
Michelle Wang, Pacific Freshman, feeds sheep in the petting zoo at Dell'Osso Farms in Lathrop.

Tracy Johnston
Pacifican Staff Writer

Dell'Osso Family Farms is an amazing fall attraction started by Ron and Susan Dell'Osso who grew the first corn maze in 1997. The farms are "a very big thing" according to Stockton resident Janna Hall, which is proven by the astounding amount of people who visit each October. Visitor counts this year are expected to reach almost 125,000.

Attractions on the farm include the Pumpkin Blaster, which shoots mini pumpkins at some nifty targets in see FARM, page 3



Tracy Johnson/The Pacifican
Michelle Wang, a Pacific Freshman, shoots mini pumpkins with the Pumpkin Blaster at Dell'Osso Farms in Lathrop.

Opening of GHES Center Indicative of Promising Future

Kobé Armah
Pacifican Staff Writer

There are many opportunities for interdisciplinary work at Pacific but there are few opportunities for interdisciplinary programs to work together and share ideas. On Wednesday, October 7, 2009, Pacific began its future as an architect of interdisciplinary collaboration by opening the Gender, Humanities and Ethnic Studies Center (GHES Center) in the Wendell Phillips Hub.

Fifty students, staff and faculty were in attendance for the grand opening event. The event began with a reception and was briefly paused by speeches from Dr. Gesine Gerhard, Director of the Gender Studies Program and Associate Professor of History; Dr. Zhou Xiaojing, Director

of the Ethnic Studies Program and Associate Professor of English; and Dr. Courtney Lehman, Director of the Pacific Humanities Center and Associate Professor of English.

The GHES center is unique to Pacific because it is the first time interdisciplinary programs have been given the opportunity to work together and provide an informal area for discussion. The GHES center will also play a large role in the advancement, visibility and credibility of the Gender, Humanities, and Ethnic Studies at Pacific. To Dr. Courtney Lehman, the opening of the GHES center "gives cohesiveness to the College [of the Pacific]" and the balance comes from "staff, students and faculty ... sharing ideas in an informal environment." Lehman says the grand opening is a "dream come true" and in 5 years she

"would love to see the GHES center" as a marker on "on the regional or national map." Dr. Zhou Xiaojing expressed her wishes for the GHES center to provide "a student commons where all clubs, organizations and students can share exciting ideas and set the ground work for collaboration"

Students shared the idea that the GHES Center is a positive attribute in Pacific's promising future. English and Gender Studies Senior Sarah Hamid said the "GHES Center represents the possibility for Pacific Students to become politically charged in a cohesive manner, while generating social change" Speech Language Pathology Senior and Ethnic Studies Club President Cam-Huyen Nguyen felt that the opening of the center was "a great opportunity to draw see GHES, page 2

Graduate School Planning Week

Cassie Peters
Pacifican Staff Writer

This week, Pacific's Career Resource Center (CRC) and Graduate School are hosting their second annual Graduate School Planning Week. Seminars have been taking place all over campus on how students, freshman through seniors, can plan for graduate school financially, emotionally, and intellectually.

"It's for anyone

entertaining the idea of graduate school," said Diane Farrell, Associate Director of the CRC. The week focused on particular graduate programs that Pacific offers. For example, the seminar on Monday was about "Getting into the MBA Program at Pacific" and Tuesday's was about "Graduate Programs in the Health Sciences at Pacific" but much of what can be learned in these classes can transfer over to other see GRADUATE, page 3

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**UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT
October 11 - 17, 2009**

For updated information, please join Public Safety on Facebook and Twitter at
<http://web.pacific.edu/x499.xml>

**CASUALTY
MAIN GYM
10-11-09**

Officers responded to a report of a male subject with a finger injury. Subject was going to seek outside medical.

**CASUALTY
GRACE COVELL
10-11-09**

Officer responded to Grace since SFD was on scene. Officer reported one female being transported via ambulance to a local hospital.

**THEFT
ART BUILDING
10-12-09**

Victim reported his laptop and a backpack was stolen. Victim reported his backpack was located inside of an unlocked cupboard in one of the rooms.

**WARRANT ARREST
TOWNHOUSE C
10-12-09**

Officer responded to a report of a male subject going through the dumpster. Officer learned the subject had 4 outstanding felony warrants. Subject was arrested and transported to the county jail.

**NARCOTICS
LARRY HELLER
10-13-09**

Officer conducted a vehicle stop and learned the driver was in possession of less than 1 oz of marijuana. Driver was cited and released.

**SUSPICIOUS INCIDENT
PERSHING &
CALAVERAS
10-13-09**

Officers conducted a checkout on three juveniles. Juveniles were transported to Stagg High School after it was learned they were truant.

SUSPICIOUS INCIDENT

**DAVE BRUBECK &
KENSINGTON
10-13-09**

Officers reported a tree on top of a vehicle in the area. Officer reported they were able to get the vehicle cleared without damage.

**VEHICLE ACCIDENT
LOT 20
10-13-09**

Officer responded to a report of a vehicle that struck another vehicle while backing and drove off. Officers initiated a report.

**VEHICLE ACCIDENT
LOT 8 & PACIFIC
10-14-09**

Officer responded to a report of a vehicle accident. Officer reported both involved parties exchanged insurance information.

**WARRANT ARREST
PACIFIC & ROSEMARIE
10-15-09**

Officer conducted a vehicle stop and learned a passenger had an outstanding warrant. Officer arrested the passenger at 1:43 AM and transported to the county jail.

**AIDED STOCKTON PD
PERSHING &
MENDOCINO
10-15-09**

Officer reported a male subject on the hood of a vehicle. SPD aired a call looking for suspect. Officer detained and turned over to SPD upon arrival.

**VANDALISM
MENDOCINO AVE
10-15-09**

Officer responded to a report of a burglarized vehicle. Officer initiated a report.

**TRAFFIC CRIMINAL
LOT 20
10-15-09**

Officer reported a subject

using a disabled person placard that was not assigned to another person. Officer arrested the subject, cited and released.

**UNIVERSITY
REGULATION
GRACE COVELL
10-16-09**

Officers responded to a report of the smell of marijuana coming from one of the rooms. Officer initiated a report.

**CASUALTY
PUBLIC SAFETY
10-16-09**

Officers and medics responded to a report of a male subject who fell off his scooter. Subject was transported via ambulance to a local hospital.

**FALSE PERSONATION
PACIFIC & BROOKSIDE
10-16-09**

Officer conducted a vehicle stop and learned the driver gave a false name. Officer cited the driver.

**NOISE COMPLAINT
DAVE BRUBECK
10-16-09**

Officer responded to a noise complaint. Residents were contacted and warned.

**SUSPICIOUS INCIDENT
DAVE BRUBECK
10-16-09**

Officers responded to a report of a subjects drinking out in the street and throwing bottles. Officers responded and shut down the party.

**NOISE COMPLAINT
DAVE BRUBECK
10-17-09**

Officers responded to a report of approximately six subjects in the front of the residence being loud. Officers made contact and advised to clear the area.

Sign of the Times on South Campus

Ann Mazzaferro
Pacifican Staff Writer

A health crisis is speeding up the process of redesigning the signs on the buildings of South Campus.

Medical response staff had difficulty in finding the communications building where a student was experiencing a medical crisis. This difficulty was exacerbated by the lack of visible signage on the building, which lengthened the response time. This crisis was met with consternation by many communication department faculty members, including Speech and Debate coach Marlin Bates.

"I was told that there had been a medical emergency in the debate team room and the response time had been terrible because of lack of signage," said Bates.

These concerns led Physical

Plant to immediately bump the buildings on the south side of campus to the top of their priority list. All buildings on campus are scheduled to be re-lettered using the same font that is featured on the Donald and Karen DeRosa University Center, Hand Hall, and six other campus buildings.

However, students should note that changes may not occur overnight.

"These letters need to be made which takes some time," said Scott Heaton, director of Physical Plant. "There was some delay on working out the verbiage with the College, but those letters are on order and will be installed shortly."

In addition to having the buildings re-signed, South Campus structures will also feature street numbers to further aid medical response teams and other seekers in finding their destination.

Children to Celebrate Halloween a Few Days Early at Pacific

PRESS RELEASE

Once again it is that time of year when hundreds of children dressed as Spidermans, Elmos and Disney Princesses flood University of the Pacific's Stockton campus to collect candy from adoring volunteers. Organizers of Pacific's 11th Annual Safe Trick-or-Treat expect up to 1,200 children and parents on Wednesday, Oct. 28.

The free event is designed to provide a safe, fun place for children in the Stockton community to enjoy Halloween traditions. It will take place from 4 p.m. to 7 p.m. Families with children age 11 and under will enjoy guided trick or treating tours, face painting, a carnival full of games and activities, and free costumes for needy families. The event is organized by a group of Pacific residence halls known as The Price, Werner and Farley Community.

"This is just a small way to give back to the families of Stockton, especially those who are struggling financially and could use a fun, family-oriented night that does not cost them anything," said Ross Laughton, the event's lead organizer and residence director of The Price,

Werner and Farley Community.

Pacific Ambassadors, who are trained student tour guides, will lead the children and their parents across campus during the trick or treating tours. The tours will start at the Atchley Clock Tower, located on south campus near the Benerd School of Education along Dave Brubeck Way, and include stops at sorority and fraternity houses, the on-campus home of University President Pamela Eibeck and through a set of residence halls.

The carnival will include balloon animals for children, a costume contest and games, such as Ring Toss, Limbo, and tossing bean bags. Pizza and cotton candy will be available for the children as well. Donations of costumes and child-safe accessories can be delivered to Pacific's Hand Hall (room 135) or the Thomas J. Long School of Pharmacy and Health Sciences' library on north campus by Friday, Oct. 23. Costumes should be appropriate for toddlers to elementary school-aged children.

For more information contact Ross Laughton at (603) 369-9360 or rlaughton@pacific.edu.

GHEs, continued from cover

attention to the Gender, Humanities and Ethnic Studies Programs at Pacific" because she like many others "was unaware of Ethnic Studies and Gender studies... until [she] accidentally took English 25: Multi-Ethnic Literature" and feels the opening of the GHEs Center "could be a stepping stone for students to learn about the program."

College of the Pacific Dean Tom Krise said the GHEs Center "adds great buzz" by making "WPC more friendly and inviting" and felt that the center was "the natural combination" because "Gender, Humanities and Ethnic Studies have collaborated in the past". Sociology and Ethnic Studies Senior Amber Darby shared the outlook that the opening of the GHEs Center is "great at a

university like Pacific" and "a part of the necessary framework for [the university's] success"

Pacific offers minors in Gender Studies, the Humanities and Ethnic Studies. The GHEs Center will be open from 11 to 3, Monday to Friday and is open to all who wish to visit, learn more about the programs or just drop by for a conversation, coffee and cookies.

CSUs Closing Doors to Incoming Students

Josh Chipponeri
Contributing Writer

When demand supersedes supply, the cost goes up. This is also true for the California State University system. In Spring 2010, the California State University (CSU) system will not be accepting student applications for enrollment. This decision was made in effort to reduce the 2009-10 school year budget by up to \$584 million.

According to Alia Wilson of the Santa Cruz Sentinel:

"Nearly 35,000 students will be turned away by California State University this spring, as campuses will not be accepting student applications for the 2010 spring term to help offset state budget costs." (1)

and
"CSU spokesman Erik Fallis said that the measure is needed to bring enrollment in line with available resources. Overall, CSU is looking to reduce its enrollment by 40,000 students systemwide for 2010-2011 through enrollment tools including earlier application deadlines and tighter application standards." (2)

Printed in the Los Angeles Times:

"Cal State system chancellor Charles B. Reed said in the week of July 9, 2009, that he would seek an additional student fee hike of 15% to 20% for this fall on top of a 10% increase already approved. The Cal State Board of Trustees is scheduled to vote later this month on the extra fee hike and other austerity measures such as a two-day-a-month furlough plan for university employees." (3)

The decision to close

enrollment has been made in effort to reduce the school system budget. Also applications for student enrollment in the 2010 winter term stopped being accepted this past July 6, 2009. There are a few exceptions to the new admissions rules.

"Only fully-eligible first-time freshmen, upper division undergraduate transfers or graduate and post-baccalaureate applicants who have applied for admission prior to July 6, 2009 may be offered admission to the 2010 winter term," said Jeri Echeverria, CSU executive vice chancellor and chief academic officer." (4)

The hope in reducing enrollment is to bring the school budgets more in line with the state funding.

"Despite budget cuts, CSU's enrollment for the past several years has exceeded the state funding received for each student. Echeverria said that the measure is needed to bring enrollment in line with available resources. Overall, CSU is looking to reduce its enrollment by 40,000 students system wide for 2010-2011 through a combination of enrollment tools. The decision to close spring admissions is part of the overall effort to reduce enrollment." (5)

By limiting the supply of incoming students the State University System Administrators are better able to concentrate a more substantial portion of budgetary resources to allocate to each individual student. In closing enrollment, it is almost as if the CSU system is restarting its economy. By reducing the number of incoming

students and increasing costs for each individual student, the price and value of enrollment at a California State school just dramatically increased.

(1) Wilson, Alia. "Budget Cuts Force CSU to Close 2010 Spring Admissions." *Santa Cruz Sentinel* (2009): n. pag. Web. 15 Oct 2009. <http://www.santacruzsentinel.com/ci_12807333?source=most-viewed>.

(2) Wilson, Alia. "Budget Cuts Force CSU to Close 2010 Spring Admissions." *Santa Cruz Sentinel* (2009): n. pag. Web. 15 Oct 2009. <http://www.santacruzsentinel.com/ci_12807333?source=most-viewed>.

(3) Gordon, Larry. "Cal State closes 2009-10 Spring Admissions Because of Budget Crisis." *Los Angeles Times* (2009): n. pag. Web. 15 Oct 2009. <<http://latimesblogs.latimes.com/lanow/2009/07/cal-state-closes-spring-admissions-because-of-budget-crisis.html>>.

(4) "Budget Cuts Force CSU to Close 2010 Spring Admissions Quarter Campuses Directed to Close Applications for Winter." *California State University Press Release Newsroom* (2009): n. pag. Web. 15 Oct 2009. <<http://www.calstate.edu/pa/News/2009/spring-admissions.shtml>>.

(5) "Budget Cuts Force CSU to Close 2010 Spring Admissions Quarter Campuses Directed to Close Applications for Winter." *California State University Press Release Newsroom* (2009): n. pag. Web. 15 Oct 2009. <<http://www.calstate.edu/pa/News/2009/spring-admissions.shtml>>.

GRADUATE, continued from cover

graduate schools.

In addition to the specifically Pacific sessions, the week featured a couple more general sessions. Caroline Herrod from the CRC hosted the session "Writing Effective Personal Statements" on Tuesday afternoon in the Pine Room. The center provides help with personal statements and runs mock interviews, a little known service on campus. "The Career Resource Center helps people with this all the time," Farrell said.

On Wednesday, students were able to practice interviewing for graduate school with mock interviews performed by Margaret Roberts, from Pacific's Eberhardt School of

Business who helps screen MBA applicants. Farrell said that although Roberts has primarily worked with MBA applicants she has "developed questions on what most schools will be looking for."

One of the most helpful sessions after attending such an expensive undergraduate school may have been Tuesday afternoon's session, "Financing Graduate School." This session aimed to let students know that although they may have needed to take out loans for Pacific, financial factors should not keep them from considering a graduate education.

Last year only about 45 students participated but Farrell

is hoping that this week there was a better turnout. There are still more sessions today including "Getting into McGeorge School of Law" at noon in the University Center room 214 and also a session on "How to Apply at Pacific" at 4p.m. in the same room. Please take advantage of the resources that CRC offers, including alumni services. Farrell reported that she has had people come see her 30 years after their graduation date!

For more information about the services provided by the Career Resource Center make an appointment on the first floor of Hand Hall, see their webpage at <http://web.pacific.edu/x496.xml>, or join their Facebook group page.

Sorority Event to Satisfy Sweet Tooth

Caitlin Keskeys
Guest Contributor

Delta Desserts is a dessert extravaganza that raises money for Tri Delta's Philanthropy Partner: St. Jude Children's Research Hospital. The event will be on Monday, Oct. 26 from 7-10 pm at the Tri Delta house. It will feature live music, raffle prizes, hot and cold beverages and every kind of dessert imaginable! Tickets can be purchased for \$7 at the door or \$5 presale from any Tri Delta. We will also be tabling outside the University Center Oct. 22 through Oct.

26, where presale tickets can be purchased. All proceeds benefit St. Jude Children's Research Hospital.

St. Jude's is remarkable due to the fact that it specializes in child cancer patients. Last year our Tri Delta chapter raised enough money to put one child through the entire chemotherapy process, and we hope to exceed that amount this year! The amount of difference that your simple contribution could make is enormous. So please come help out the children of St. Jude's (and eat some yummy desserts in the process!) by coming to Tri Delta's "Delta Desserts."



Michelle Wang/The Pacifican

Pacifican reporter Tracy Johnston takes the reins of the Pumpkin Blaster at Dell' Osso Farms in Lathrop. The Halloween attractions, including the corn maze, pumpkin blaser, and haunted house, will be open daily through October 31.

FARM, continued from cover

the field. The splat of the pumpkin as it reaches its destination will surely put a smile on the shooter's face as the pumpkin guts go everywhere. There is also a haunted house that can be experienced with 3D glasses. There is also gem mining and, of course, a pumpkin patch.

The petting zoo is astounding with how many animals there are as well as their diversity. It ranges from little chickens who ride on the sheep to the giant pig

and even an ostrich. Other attractions include zip lines, face painting, hay rides, speedway, scarecrow contests, a pumpkin weigh off, the huge corn maze, and much more.

People can join their mailing list at <http://www.pumpkinmaze.com/contact.html>. For more information e-mail them at info@pumpkinmaze.com. The farm is located at 26 Stewart Road in Lathrop, CA. The phone number is 209-982-0833.

"Romeo & Juliet," featuring an all-female cast and directed by Gary Armagnac, plays through this weekend.

Thursday, October 22	8 pm
Friday, October 23	8 pm
Saturday, October 24	8 pm

At Long Theatre/\$10 for Pacific students with an ID

PERSPECTIVES

Feminism in Action: Last Week's Issue

Ally Mengarelli

Pacifican Perspectives Editor

Sometimes a small mistake can cause a lot of commotion.

And if you haven't been hiding under a rock for the past week, that's exactly what happened when The Pacifican was hit news stands last Thursday, the front page sporting a provocative ad opposite the article and picture of Pacific's new female president, Dr. Pam Eibeck.

Although the placement of the ad was unintentional, the Pacifican staff received loads of emails and complaints from the Pacific community.

Personally, I was upset with the placement of the ad as well, but after discussing it with those who finished and formatted the final layout I realized it was an honest mistake; an ad, paid to be on the front page, placed last minute.

For me, it was a matter of embarrassment that such an error could go unchecked. However, given Pacific's lack of a journalism department (and The Pacifican's lack of funds), I understand the process for us all to write and distribute this paper is a difficult one that has, unfortunately, been learned through trial and error.

Regardless of this, it was completely horrendous to pick up the paper and have a raunchy, sex-saturated ad in this particular context. It's bad enough that magazines and ad campaigns are so overtly sexualized; that such an exaggerated stereotype of women's sexuality is continually advertised as something that contributes to, or even defines, one's worth. After all, these ads portray women as little else than sex objects: objects of desire—these inhuman, skinny things—and that

in order to be wanted, desired, and therefore valued, we have to live up to that portrayal.

Of course, in addition to having to confine to these stereotypes, they then tell us to buy their clothes and wear their makeup and use their products leaving us depleted in spirit and in our wallet.

While I'm all for women expressing their sexuality, I am upset that such distasteful advertising has become so familiar that it no longer affects some when it's in a context such as this. This just shows how embedded into our cultural consciousness this media-based vision of women has become.

Understandably, this is why so many of us were outraged and upset: placing an ad that demonstrates this type of female subjugation directly alongside an article demonstrating female empowerment is unacceptable.

This was what I was trying to explain to a close (male) colleague when he claimed he didn't see anything wrong with the placement.

At first I was outraged that he couldn't see the problem with it but then I realized that this is all reflective of our present cultural confusion with gender issues. Perhaps this is the problem: my male friend couldn't see what was wrong with the placement because he wasn't affected by these portrayals.

Most men fail to comprehend these portrayals because they've never had to deal with these issues we deal with on a day-to-day basis. Men aren't sick of being treated as objects because usually they're taken at face value. But guess what? We are getting sick of it.

We're so sick of walking to the grocery store and being honked at and harassed,

constantly seen for the sum of our body parts and not for our intelligence or skills. We're sick of having to constantly watch our step when walking to night classes. We're sick of being scared because we're seen as sexual objects, making us vulnerable to sexual assault and rape.

Most of all, we're sick of the comparison and the insanity: just look at last year's election. Hilary Clinton was a woman with more skills, talent, brains, and grace than Palin had in her index finger. The same people who critiqued and degraded Hilary Clinton, saying a woman couldn't be in office, rallied for Palin when photo-shopped pictures of the bikini-clad "moose mom" went viral on the net.

Now, that was a joke, albeit a sad, sad, sad one. Again, it's as though a woman can be beautiful or smart, but never both.

Perhaps we can learn from this; that this whole ordeal can teach us something. We need to be more sensitive to other people's perceptions:

THE PACIFICAN Fall 2009

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some perceived it as an insult, others saw nothing wrong with it. These different reactions were not made out of mean spirit or bad intention, they were made based on experience. If people such as my male friend can learn why this upset us, then I think that is a step forward in itself.

Dear Emma

Dear Readers: As many of you are in college, I'm sure some of these letters are applicable to your past experiences. For most, having a roommate is one of the biggest adaptations required in college. For some, it takes a lot of effort to change, and for others, it feels like nothing at all. Perhaps some of you will find these letters familiar.

Dear Emma:

One of my good friends from back home happened to get accepted here along with me, and she asked me to room with her, and I agreed. Everything

seemed to go well, we designed our room together, and unpacked together like I imagined. Yet, now, I don't feel like we're really friends anymore. We don't even do anything together anymore. We ate together for the first few days, then all of a sudden, we stopped being anything more than just two people living in the same room. I have tried to talk to her about it, but all she says is something like "Sorry, I've been busy! We'll hang out next week!", but we won't.

—WERE FRIENDS, NOW
STRANGERS

Dear STRANGER: I realize it is difficult to understand, but your friend/roommate is only doing what is

somewhat normal for someone trying to settle in college. Week one, you happened to be the only person she knew here, but week two, you weren't the only one she knew. She already knew you, probably better than she knew her new friends, and it is only likely that she wanted to get to know them better. You did not describe how you are settling in here, but perhaps you are starting to feel abandoned. While this may feel like that, are you really branching out here on campus? If you aren't, perhaps you could try going out on a limb, and see if you can meet some people here on campus who feel the same way you do. There are many clubs on campus, and they are a easy way to get to know and meet people. You cannot rely on

your friend for four years on campus! Finally, you need to sit down with your roommate and have a serious heart to heart conversation about her lack of attention to your friendship. Make sure this conversation is uninterrupted and unhindered by distractions. All you are to do is explain your feelings. Ask for some things. Ask her if she has an desires. Make some compromises. Perhaps she is really busy, but I'm sure she must be able to make at least one meal together with you. You may be friends, but you are also roommates, and keeping this feeling of abandonment within you when your solution sleeps in the bed next to you will only make it hurt more. There is a solution, you just need to act.

Selected Comments Regarding Last Week's Issue

It is embarrassing that this university places an ad of a partially clothed woman in a sexually compromising position directly next to the introduction of Pacific's first female President. Maybe it was a preview for the article a couple of pages inside condoning child rape and mocking those that oppose it. As a form of free press, the Pacifican holds the right to publish what they choose. However, just because a right is available that doesn't mean Pacific should take advantage of it. Maybe Pacific could instead use advertisements that instill empowering messages for young women."

—Posted on website by
"Concerned Student"

"My first question - why does the paper have ads on the front page? Not one, but two! Put articles in. Someone needs to help the Pacifican figure out proper placement for ads and articles in general. They

need an advisor who actively oversees the paper and can help to improve it visually and its content."

—Anonymous;
Pacifican website

"It is often very hard to get staff for the Pacifican and those students who do make the effort often put in long hours and get plenty of criticism every week. They are young and they make errors in judgment -- some obviously much worse than others. For those of you who have not worked in print media, please be aware that advertisers may purchase a spot without providing the actual image ahead of time. Not having spoken to the editorial staff, we do not know what factors went into the placement of that awful image in this week's paper. Let's assume intelligent hard-working students who are learning to write, edit, sell advertising, do lay-out of a newspaper in a university with

no journalism program. We are here to mentor, so let's cool off and have a conversation."

—Susan Giraldez,
Associate Professor,
Dept. Of Modern Language
and Literature

"I would just like to let you know that I think the front page of The Pacifican from October 15th is in very poor taste. It is totally inappropriate to put a picture of a half-clad model next to a photo of the University's new female president. Especially in light of the fact that she ends her article with the statement "Thank you for entrusting your son or daughter's education to Pacific." Then one looks across the page and sees this model laid out seductively on her side. Do you think a parent might think that is a picture of what their daughter might be exposed to on campus? I don't think it creates the right impression of the University at all! Please

consider making an apology to President Eibeck and refraining from using such inappropriate placement of ads. Thank you."

—Sue Erikson,
Assistant to the Dean,
Benerd School of Education

"I hope you both know that the behind all the upset and shock over yesterday's issue is the realization that the University is not providing the Pacifican the resources, tools and training you need. People understand how desperate you are for advertising revenue, that the paper has been severely understaffed for years, that there is no money for training, staff support, or to pay writers and researchers, that you are stretched beyond reason every week just to get an issue out the door.

I know you both as leaders of strong character and open minds. I encourage you to build on the energy being generated right now although it may feel negative sometimes,

it is ultimately constructively critical--there is a powerful truth to be learned here: to what extent are we, Pacificans, blind to our own sexism and degradation of our women students, campus leaders and professors?

What I'm trying to say is, the campus is actually behind you, with you. We want you to succeed. And WE have been failing you. What can we do to help you advocate for the Pacifican and to demand that the University live up to its own policy:

"The Stockton Campus Student Media Board is the governing body for all undergraduate student media affiliated with the University of the Pacific, ensuring that all media organizations receive the proper institutional support and adopt the best practices in their operations."

—Corine Martin,
Assistant Director, Clubs and
Regional Programs

Top Ten Places To Be in Stockton

Cassie Peters
Pacifican Staff Writer

1. *The Creamery*: Vicki Thai, a junior Civil Engineering major said, "this is the first place I take my friends from out of town. They're known for their dessert menu. Sometimes we go there just for dessert." Head down Pacific Ave. and just past March Ln. get a good dinner or some amazing dessert.

2. *Haggin Museum*: The museum features paintings by 19th and early 20th century American and European artists including Pierre-Auguste Renoir. Admission is only \$2.50 for students with a student ID card. During the warmer months pack a picnic lunch and sit out front by the pond before enjoying the artwork inside. For hours and special events visit www.hagginmuseum.org.

3. *The Stockton Arena*: It may not seem like a major attraction, but the games played here are actually quite exciting. Catch an indoor soccer game with the California Cougars, an ice hockey game with the Stockton Thunder, or an arena football game with the Stockton Lightning. Also if in the area, visit the waterfront

and consider attending a Ports Minor League baseball game.

4. *Crossroads Trading Company*: This is a great option for finding second-hand clothes besides the Goodwill. Almost everything at Crossroads is brand name, and because this is the outlet store for the chain, the clothes are even less expensive than their other stores throughout California, Oregon, and Washington.

5. *Chuck's*: This restaurant is located on Pacific just past Swain Rd. 2008 graduate Marina Torres said, "It's the greatest breakfast place ever." The restaurant also serves hamburgers and other home-style food.

6. *Pacific Avenue Bowl*: Located at Pacific and Swain, fairly close to Chuck's, spend a night bowling. On Friday nights the bowling alley features Cosmic Bowling with fun music and funky lighting from 10p.m. - 1a.m.. They also have leagues for every age group and are currently signing people up for the winter season.

7. *Empresso Coffeehouse*: Thursday nights are open mic nights. Sign up ahead of time and bring your guitar or keyboard down to the Empire

Theatre building on Miracle Mile or just show up for a cup of coffee and live music.

8. *Friends of the Library*: On West Hammer Lane, a person can literally buy books for as low as 25 cents each! The book sales go toward buying new material for the public library and for funding different programs the library does in the community.

9. *Papapavlo's Bistro and Bar*: When looking for excellent Greek food in Stockton this is the place to go. The restaurant is located in Lincoln Center off of Pacific Avenue and serves everything Greek including; pita, filo, gyros, salads, pastas, and more. The restaurant also has an excellent wine list and is currently hosting Wine Nights featuring a different winery each Monday through the month of October. Glasses and bottles of wine are two for the price of one. For more information visit www.papapavlos.com.

10. *Sho Mi*: This sushi bar is located in Lincoln Center on Pacific Ave.. Senior English major, Liz Purnell said this hot spot is "inexpensive and has good food, and the service is quite quick."

Potter Star in the U.S., but not for movie premiere

Andy Lee
Pacifican Staff Writer

Emma Watson, known to Harry Potter fans as the actress who plays Hermione in the Harry Potter films is going into college.

Wait, question. Isn't she in Britain? Well, the answer is, she was. Emma Watson is currently enrolled in Brown University, taking multiple literature classes as a literature major. She is also taking a class in geology just for the fun of it.

There was controversy in the numerous amounts of Ivy League Universities that sought Emma Watson, even though she was only tutored throughout her days as an actress, and received grades through taking General Certificate of Secondary Education exams, which apparently qualifies her to roll with fellow Ivy Leaguers. Colleges such as Yale, Brown, Columbia pursued Watson. Her decision was never released

until it leaked accidentally by Harry Potter himself, I mean, Daniel Radcliffe.

On her personal website, Watson explained that her secrecy was because "[I] want[ed] to be normal... I want[ed] to do it properly, like everyone else. As long as I don't walk in and see Harry Potter posters everywhere, I'll be fine."

She also pointed out that she arrived at Brown University by car, not by a personal helicopter, unlike most tabloids claimed. However, she did not state whether it was a normal car or a limousine. Pictures taken by paparazzi however do prove her statement, as she is seen walking around campus wearing normal civilian clothing (just a white T-shirt and frayed jeans) and holding Starbucks like everyone else. We still do not have word whether she has hooked up with any Harry Potter fanboys in Brown yet. We'll keep you posted.



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Fast Food Nutrition?

Natalie Compton
Pacifcan Staff Writer

The idea was simple: if fast food restaurants post calorie amounts, people will make healthier choices. Wrong.

According to a research study done by the Health Affairs journal, even when caloric amounts were displayed, consumers continued to eat excessive amounts of calories, even more so than before.

Now politicians are faced with the question of whether or not to make fast food establishments continue to post nutrition facts. But if it's the consumer's health, should it be the consumer's choice?

In sophomore Tammy Kim's opinion, fast food chains shouldn't stop this new trend.

"When you look and see that your meal has 3,000 calories in it, you might think twice about ordering it," she said.

Senior Gabriel Bingo agrees that the numbers are beneficial for customers. "People should be able to see and know what exactly it is they are consuming to make health conscious decisions," he said.

Bingo also believes that keeping consumers in the know will make them take responsibility for the way they eat.

"It helps take the blame off of fast food establishments for making people unhealthy," he said. "It can help to direct the blame to the

people themselves and make them aware that it's their fault for why they are unfit."

Though consumers should be have some share in the overeating blame, without being told how many calories are in different menu options, a customer may never know how much he or she is eating.

"People think that it's just a little burger," sophomore Nicole Parreira said, "everyone needs to be aware of what they're eating."

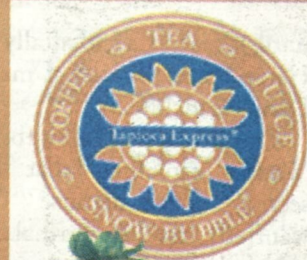
The research may have shown that the average fast food patron could care less about the posted caloric amounts, but there are still people out there who would like to see the facts.

"I think it's important," junior David Scheidt said. "There will always be health nuts that want to know."

Though it's hard to admit that fast food chains should not post nutrition facts, maybe the plan is just too idealistic.

"I think it doesn't matter, people are generally too lazy," sophomore Alex Strom said. "It's a good idea, but society doesn't care."

As the nation's waistline continues to bulge, getting healthy again remains a heavy issue. Hopefully, with either the help of fast food calorie displays or Jenny Craig, a more fit and fearsome America will reemerge again someday.



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PACIFIC STUDENT DISCOUNT

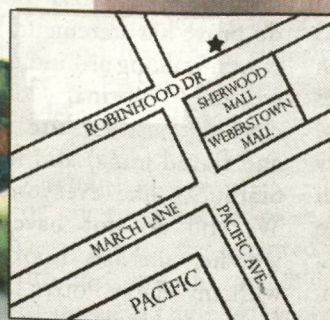
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Tonkatsu

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Associated Students
ASuop
University of the Pacific

Dear Students,

ASuop has two senate positions open, one for the Eberhardt School of Business and the Benerd School of Education.

If you are interested in applying, please pick up an application by the front desk of the DeRosa University Center. If you have any questions, or if you would like more information, please call me at (209) 552-9593 or email at r_moreno1@pacific.edu.

Thanks,
Ruben Moreno
Senator-at-Large

LIFESTYLES

Senior Profile: Sam Wildman

Kobé Armah
Pacifcan Staff
Writer

Few people are as widely recognizable as senior Sam Wildman. From the iconic orange Pacific Ambassador polo, the smiling face to the rectangular glasses and the unforgettable flipped hair greeting you every time you enter the DeRosa University Center,



Sam Wildman

Sam Wildman is not the kind of person you miss in a crowd.

Wildman is a double major in International Relations & Global Studies and Political Science. Wildman has lived in seven states and graduated from high school in Waynesville, Missouri. In high school, Wildman "really had an interest in International Relations" so she "googled international relations programs and found Pacific." She saw Pacific as a great opportunity because she had "never really been to California."

Wildman is a founder of the Pacific Chapter of the Foreign Service Fraternity, Delta Phi Epsilon. Wildman calls her position in the fraternity unique because even though she is a founder, she is not a member of the Alpha or founding class. She was doing study abroad in Seoul, South Korea. Looking back on the study abroad experience, she simply says it was "awesome."

Before her study abroad experience in South Korea, Wildman also went to Guatemala for the Summer Immersion Program. She describes this experience

as where she "fell in love with Geology by chance." Wildman sees Geology in her future and will take another year of Geology prerequisites in hopes of "going to school to get a Masters in Geology." To further her preparation, she is currently doing research in the Geosciences building. In five years, Wildman sees herself with "a Masters in Geology" and "working with natural hazard mitigation in Central and South America."

In her spare time, Wildman "listens to just about anything" and enjoys Prowl TV because of its diverse music programming. She also enjoys TV and takes advantage of shows being posted online by "watching House, M.D. with regularity." She also occasionally enjoys playing video games. Her love for technology continues—she is the president of Rogue Squadron, Pacific's science fiction club.

Wildman is also proudly the Treasurer of ASuop, a Pacific Ambassador and a DeRosa University Center Building Manager.

Romeo & Juliet – New Take Pays Off

Kelly Volkar
Pacifcan Copy Editor

As one sits in the filled middle section of the theatre, there are several thoughts that must run through your mind: "Romeo & Juliet, again?!" "I've seen this play a thousand times, why am I sitting here?" "They have an all-female cast, I wonder how that will play out."

However, within the first five minutes of the production, your doubts as to why you came will be completely erased. The cast does an extremely good job of making the normally confusing Shakespearean language clear enough

that the modern ear can follow along with ease. The cast perfected this by enunciating clearly, and emphasizing the words in the sentence that most conveyed the meaning of it.

Along with the understandable language, the all-female cast wowed the crowd: "The women were convincing as being men most the time," said sophomore Anthony Garcia. Throughout the play, the actresses emphasized the crude gestures (such as pelvic thrusting, and grabbing and blocking their "crown jewels") that went along

with the lines; which occasionally shocked the crowd, but for the most it just made them laugh at the outrageousness of the language being portrayed.

The good humor of all the actresses—along with the evident amount of practice they all invested in the play—made the play lively and fast-paced. It is intermission before you even blink!

"I really liked [the play]," said Pacific student Kayla Jackson, "The cast did an amazing job."

From beat-boxing onstage to rotating set pieces to even a few

DOLCE & GABBANA • ED HARDY • JIMMY CHOO
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April Labaro

costume changes before your very eyes, the small but dynamic cast of *Romeo & Juliet* managed to truly present a new take on a well-known Shakespearean play.

If you are interested in a night full of laughs, stop by this weekend, Thurs, Fri, or Sat at 8pm in Long Theatre for an innovative rendition of *Romeo & Juliet*!

Rotaract Recycling Pickup Program

Wednesday, Oct. 28
7:00 p.m.

All funds and efforts go
towards PolioPlus

Ask Your Student Government!

Is there anything about your Pacific experience that's really grinding your gears? Are you curious about what changes are in store for the year? Here's your opportunity to get any and all questions or concerns addressed. Write us with questions and we'll answer right here, for everyone to see. It can address anything you feel is important- whether that's how you can get more funding for your club or why we don't have beer at basketball games. Give us a shout at asuopgov@gmail.com!!

**Facts about High Fructose Corn Syrup (HFCS)**

What is it? HFCS is syrup made from corn starch. It is a mixture of two common sugars, glucose (table sugar) and fructose. High-fructose corn syrup, cheaper than other sweeteners, is used in yogurts, baked goods, packaged foods, jams, beverages and many other foods. Manufacturers use them to prolong product freshness, product stability, flavor, and enhanced browning in baked goods.

In the past 20 years, our consumption of HFCS has doubled, in line with our obesity and Type II diabetes growth. This has caused some speculation on the safety of HFCS, but because of conflicting studies, the jury is still out. HFCS provides the same number of calories as table sugar (4 cal/g) and is metabolized the same as sugar and honey.

The position of the American Dietetic Association (ADA) is that HFCS is a safe ingredient; however moderation of the product is advised. NutriCat recommends limiting not only foods containing HFCS, but all foods containing added sugars and sweeteners. Balance is essential! Eating a variety of nutrient rich foods in moderate portions will help in maintaining a healthy weight. Looking to cut back your intake of the sweet stuff? Check your drinks first, as this is where most of our unnecessary calories come from.

Want more information? Facebook Nutricat or email nutricat@pacific.edu.

Keeping Up Appearances

How Pacific Stays Beautiful

Leah Myers
Pacifican Staff Writer

Pacific attracts students from all over the nation. Upon entering the main campus from Pacific Avenue, one can't help but notice the beautiful roses and lush landscaping. And recently, Pacific even won fifth-most beautiful college campus in the nation by The Penn Group.

So what's Pacific's dirty little secret? The campus employs a team of people to maintain its aesthetic appeal. There are 13 groundskeepers, including gardeners, landscapers, mowers, and one mechanic. Each person maintains approximately 15 acres each day. Toby Rose manages the daily operations, ensuring the proper care and maintenance takes place.

According to Rose,

maintenance of the roses alone requires, "preventative maintenance," such as delicate pruning and each plant requires approximately five minutes of work.

Pacific has also making their carts eco-friendly, by using electrically powered carts vs. gas powered carts.

Next time you walk through campus, take the time to enjoy its beauty and smell the roses!

KEEP IT! consensual!

Campus Conversations

About Sex, Alcohol, and Choice

THURSDAY, OCTOBER 29, 2009

11:30 a.m. – 11:00 p.m.

DeRosa University Center Ballroom

WHAT IS CONSENT?
a silent epidemic

NO MEANS NO
intoxication vs incapacitation

Panel discussions, trainings, theater, and film

Featuring national expert Brett. A. Sokolow
of the National Center for Higher Education
Risk Management, and many special guests

Full schedule at Pacific.edu/consent

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**ENOUGH
ENOUGH**



Italy at Pacific

Festival of Italian Music & Culture October 18 – 24, 2009

Oggi: Contemporary Art in Italy
Reynolds Gallery, Oct. 5 – Nov. 7

Emerging Italian Filmmakers
Pacific Theater, Tuesday, Oct. 20, 8:00 pm

University Symphony Orchestra and Choirs
Faye Spanos Concert Hall, Wednesday, Oct. 21, 7:30 pm

Composing Performing Music/Video
Faye Spanos Concert Hall, Thursday, Oct. 22, 12:00 pm

Prometeo String Quartet
Faye Spanos Concert Hall, Thursday, Oct. 22, 7:30 pm

Emerging Italian Filmmakers
Pacific Theater, Tuesday, Oct. 22, 8:00 pm

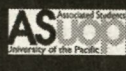
**Intermedia Trio: Il tutt'altro del giorno in cui si opera
(The antipodes of diurnal industry)**
Faye Spanos Concert Hall, Friday, Oct. 23, 7:30 pm

Symposium: Italian Culture in the Inter-war period
Recital Hall, Saturday, October 24, 1:00 pm

Italian Cabaret: Il treno
Pacific Opera Theatre, Saturday, Oct. 24, 7:30 pm

TICKETS: 209.946.2474
For complete schedule see

Pacific.edu



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Presented by the University of the
Pacific Conservatory of Music and the
Italian Cultural Institute in San Francisco

Pi Night

Every year, the social Greek organizations recognize those Greek members who achieve academic distinction from the previous semester. The idea of Pi Night, is to recognize the social Greeks who achieved a GPA of 3.14 (π) or higher by publically recognizing them at an event. This year, Pi Night was Monday, October 19th and gave the social Greeks who achieved distinction the opportunity to come out and socialize with each other and at the same time eat as much pie as they want. This past spring semester, the social Greek community had 242 members achieve a GPA of 3.14 or higher. 72 have graduated; the current members are listed below:

Abeyta-Torres, Rosana	Hampton, Sarah	Phan, Karen
Addington, Robyn	Harris, Carissa	Platow, Daniel
Addis, Royal	Heacox, Ariell	Pollock, Stuart
All Reshaid, Faisal	Hermosillo, Erika	Pratt, Julianna
Anderson, Arthur	Hernandez, Miguel	Purcell, Colleen
Anderson, Heather	Hewitt, Christopher	Quiroz, Sarah
Anderson, Scott	Hibner, Allison	Radanovich, Anya
Aud, Joelle	Hoang, Kelley	Raudsep, Hannah
Axton, Danielle	Hom, Lindsey	Ravaglioli, Raquel
Babione, Jenna	Hsin, Jerline	Ray, Daniel
Baer, Katherine	Hudson, Hillary	Ray, Keaton
Barcal, Shannon	Hutchinson, Brian	Rooney, Brendan
Baron, Michael	Immel, Jennifer	Safir, Jessica
Beffa, Justen	Jackson, Rouchann	Salas, Daniel
Bingo, Gabriel	Janssen, Christopher	Saltzberg, Alana
Blount, Devon	Jensen, Stephanie	Sandoval, Rosalie
Bonatto, Antony	Johnson, Lydia	Schomer, Anna
Brockett, Camille	Jones, Jessica	Schweitzer, Sarah
Burrell, Rosalie	Keene, Robert	Scott, Charley
Burroughs, Jaclyn	Kelso, Katelynn	Seals, Allyson
Cabral, Amanda	Keskeys, Caitlin	Serota, Hilary
Campiotti, Kyle	Kezian, Michael	Shon, Aileen
Case, Colette	Kipnis, Lindsay	Sorrick, Daniel
Chadha, Avneet	Kode, Rachana	Spangler, Samantha
Chikcos, Kayla	Labasan, Stephanie	Spent, Katrina
Chu, Olivia	Langer, Kaitlyn	Stanko, Olivia
Chuang, Tyler	Latasa, Gerald	Stewart, Laura
Chung, Kristian	Le, Van	Suedkamp, Lauren
Coghlan, Carolyn	Lum, Laurel	Sun, Sandra
Coletta, Julian	Luong, Kiet	Sutton, Taylor
Consiglio, Kendra	Mahaffey, Michael	Takahashi-Rial, Sachi
Contat, Nathalie	Manti, Kiki	Tang, Gary
Contreras, Sergio	Mason, Samantha	Thadani, Kunal
Cooper, Joseph	McCann, Melissa	Toste, James
Covell, Johanna	Miller, Peter	Tsoi, Amanda
Crotty, Rebekah	Mims, Courtney	Uhlhorn, Michael
Danielson, Kenneth	Minyard, Genoa	Van Dyk, Cora
Dergee, Susanna	Mitchell, Chalen	Vo, Catherine
Dexter, Victoria	Myers, Kathryn	Volkmar, Kelly
Dodson, Theodore	Nash, Melody	Wadler, Elysa
Eckardt, Immanuel	Nguyen, Amanda	Warnke, Katherine
Eng, Bethany	Nguyen, Jacqueline	Weiss, Jared
Ennis, Sawyer	Nydam, Ashley	Welch, Rebecca
Epperson, Lauren	Obligacion, Annmarie	Weltz, Kaleena
Ferrer, Jordan	Oeser, Nick	Wenger, Nathan
Flagg, Gillian	Ono, Sandy	Westbrook, Savannah
Fong, Taryn	Ostby, Erin	Wheeler, Bonnie
Foss, Tracey	Ostrander, Clayton	Wild, Margaret
Frank, Zachary	Paddock, Mykela	Wong, Brittany
Freeman, Rachel	Parish, Frank	Wong, Suet Ying
Frisbie, Douglas	Park, Soh Yeon	Yano, Everett
Geck, Bridget	Passalacqua, Tory	Yepez, Lourdes
Ghatnekar, Seema	Patel, Chandni	Yoshisato, Kara
Gonzalez-Coria, Anna Laura	Patel, Vishruti	Young, Jason
Gutierrez, Alejandra	Perkins, Kelly	Youngberg, Elizabeth
Hall, Alexander	Perkins, Lindsey	
	Peterson, Dana	

Halloween: Trick or Treat?

Sona Desai
Guest Writer

Scary-faced pumpkins and spider webs cover front door steps. Tiny children running from door to door and wreaking havoc are only surpassed by even tinier mini-skirts. The scariest day of the year is just around the corner. When Pacific students were asked what their plans for the Halloween weekend were, a myriad of responses were given. Sophomore Clayton Wagner said, "I plan on being something outrageous,

like a Greek god." Clayton's plans included party hopping and having a fun weekend. Sophomore Shaliya Nath said, "My friends and I are dressing up as the Fanta Girls and getting some candy!" Others had more low-key plans in mind. Junior Jay Stephens said, "I'm just kickin' it at a friends house and just watching scary movies and hanging out." So why is Halloween connected with infamy and horror, but also parties and fun?

What originally began as an ancient

Celtic celebration marking a new harvest, travelled to America and became a thrilling celebration for people of all ages. Celtic belief was that on the day that marked summers end, souls of the deceased would wander the streets, visiting living relatives. Some spirits were thought to be revengeful and bitter. The Celts would leave out gifts, sweets and delicacies to appease these phantoms during this crucial season change. The well-known Irish potato-famine of the mid 19th century

brought about a large immigrant Irish population to the United States, as well as their special festival. American families modified this tradition by inventing "Trick-or-treat", the famous event in which children visit neighbors asking them for treats, usually in the form of candy or small toys. Nowadays people of all ages celebrate Halloween in their own way; from raging parties, to trick-or-treating, to charity dinners, Halloween has become one of America's most celebrated holidays.

SPORTS

The Magic of Midnight Mania

Kelly Volkar
Pacifican Copy Editor

Midnight Mania was the official kick-off of Pacific's basketball season and they certainly entered with a flourish. Friday, October 16, from 10-11:30 p.m. the basketball players gave Pacific a warm welcome.

The night started off with the announcer introducing

everyone, and then a few makeshift "relays" to help the players warm-up.

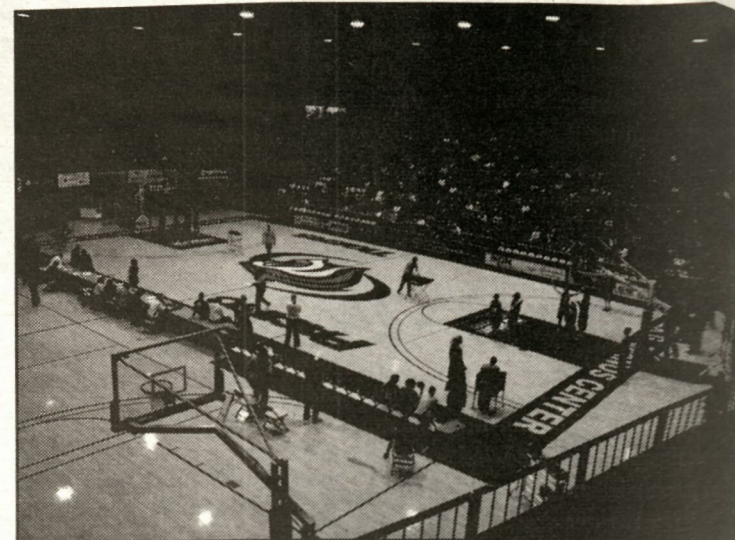
The teams (men's and women's) then split up for two separate scrimmages. The men's team scrimmaged first, followed by the women's team scrimmaging against each other. The scrimmages weren't very intense, in order to ensure that none of the players got injured right before the season

started, but were merely for entertainment purposes.

In between all the different events, the players were constantly giving out free things -from Frisbees with In-n-Out coupons taped to the bottom to actual Round Table pizzas. And of course, the Boom Sticks that everyone in the crowd could grab, blow up, and whack away until their hearts were content.

"Sitting in there and seeing everyone come together with an amazing display of school spirit made me feel proud to be a Pacific student," said junior Ken Danielson, "Seeing the stadium filled with orange and black, with those Boom Sticks waving everywhere, just felt really good. I was glad to be a part of it," he added.

Another event was blindfolded musical chairs,



April Labaro

where the players grabbed volunteers from the crowd to play musical chairs with beanbags while wearing blindfolds. The winner received a Plasma TV.

At the end of the night, the players concluded with a slam-dunk contest. The Tiger Dancers then took the stage and pumped up the crowd with

a lively dance, and were later joined by the women's, and men's basketball teams.

The crowd filed out to some pumping music while the teams did a little jig that was well-practiced and very fun to watch. Overall, Midnight Mania was a blast, and a fun way to kick-start the basketball season!



April Labaro

An Eventful Swim Invitational

Kelly Volkar
Pacifican Copy Editor

Friday and Saturday, Oct 16-17, Pacific hosted a Swimming Invitational that attracted teams from all up and down the west coast. There were teams from both in and out of state, including Berkeley, Brigham Young University, University of Nevada-Reno, Stanford, the Airforce Academy, and Oregon State University.

Both days were filled with events. There were all the traditional strokes (Freestyle, Butterfly, Backstroke, and Breaststroke) with varying lengths (100, 200, and 500 yards), and even some relays. Men and women competed for each event -resulting in a full calendar for the two day event!

The Invitational is different from a normal Dual Meet because of the numerous teams that are invited to it, whereas a Dual Meet is only one school against another school.

"When there are more teams present, it makes the competition

stiffer," said Devonie Migues, one of Pacific's team captains, who placed third in the 100-yard Backstroke, "but we like to make it fun by awarding what we call 'fun points,' which we give to ourselves based upon how loud we cheer for our teammates."

Adam Kennedy, head coach, supports this idea, encouraging the swimmers to have fun no matter what -whether winning or losing. "Cal is faster than us, and we know it, so we want to look like we're having fun even if we're losing in the pool," said Migues. "In those situations, all you can do is make the best of it and try and better yourself in the process." And Pacific definitely won the spirit competition, hands down!

Pacific had several tents set up, as did other teams, but even if "Pacific" had not been written in large letters across the tent you would have known who were the Pacific students just from their laughter, cheering, and generally spirited attitudes.

"I love this team because we cheer

for each other, whether we're doing top-notch or having a bad day time-wise," said Migues. "We are really, really, really close -we practice together, we lift weights together -everyone knows everyone's name and what they swim, both males and females, it's just a great atmosphere. We support each other 100% in and out of the water."

Along with astounding team dynamics, Pacific has plenty of reason to be loud and to be proud -just two years ago the pool was re-done completely. Migues was a sophomore at the time, and commented, "The pool looks way better now, we are more proud to have meets here, because it makes it feel more like a real competition. It is just one more factor that helps us get pumped up for our races."

The team placed in a wide range for all of the events, but they are most excited about how much fun they had.

**Athletic Training
Tip of the Week****Hydration Tips**

Staying hydrated during times of heat, as well as when the weather turns colder, can have endless health benefits. Here are some helpful tips and interesting facts to keep in mind.

Your body is 50-60% water. Drinking 6-8 glasses a day helps your body function properly.

When you are dehydrated your attention and concentration can decrease by 13% and short term memory by 7%.

Drinking water before any physical activity will help keep your heart rate and body temperature lower.

Have a glass of cold water when you start to feel hungry. People often confuse mild feelings of thirst with mild hunger.

A handy way to check if you are drinking enough water; pinch the back of your hand. When you release the pinch, the skin should snap back into place. If it is slow in doing this, you are probably dehydrated.

So start sipping on those Gatorades, water bottles, and Powerades and stay away from sodas and other caffeinated drinks for proper hydration. You may just notice you're feeling more energized, radiant, and ready to hit the books!

Sports This Weekend

FRIDAY
Women's Soccer
vs. Cal Poly
7pm
Memorial
Stadium

Men's Water
Polo vs. Stanford
5:30pm
Kjeldsen Pool

SATURDAY
Men's
Swimming
Alumni Meet
10:00am
Kjeldsen Pool

Women's
Swimming
Alumni Meet
10:00am
Kjeldsen Pool

SUNDAY
Women's
Soccer vs. Santa
Barbara
12:00pm
Stagg Stadium

Har-Shan's Sports Update

Harshan Samra
Pacifcan Staff Writer

NFL

After last Sunday's stalwart performance, Joshua Cribbs has to be every Browns fan's new favorite player. He did everything for the Browns, from tackling to returning kicks to playing quarterback, runningback and wide receiver. With Cribbs, the Browns have a glimmer of hope; without him they have none.

How bad has it gotten in Tampa Bay? Well let's just say the University of South Florida drew in roughly 12,000 more fans to its home game last weekend. After firing head coach Jon Gruden, letting starting QB Jeff Garcia walk away and hiring an in-experienced Raheem Morris as their head coach, the Buccaneers have reintroduced themselves to the dismal days of their infamous tacky orange uniforms. At least they don't have to wear those jerseys to coincide with their horrible play.

Fantasy Stud: Tom Brady QB New England
Clearly a Captain Obvious call on my part, however Tom Brady undeniably deserves the recognition

after dismantling last year's AFC division champions 59-0. Showing zero signs of rust from an ACL injury that had lingering effects earlier this season, Brady is clearly back to his pitch and catch days with his receivers.

Fantasy Dud: Lendale White RB Tennessee

After a season of vulturing touchdowns from workhorse Chris Johnson, Lendale White has become a ghost of the fantasy monster he once was. With their offense sputtering and an 0-6 record, the Titans no longer have the luxury to rotate their second best back in.

College FB

Delicious lumps of fried butter at the Texas state fair – what a wonderful way for Texas head coach Mack Brown to reward his players for a 16-13 win over Oklahoma. Despite their lackluster effort the Longhorns are winning, which seems to be reason enough for them to celebrate. The BCS, however, will not be so kind. The Longhorns fell to 3rd in the AP rankings a week before, and may be in danger of falling further as the BCS rewards based on points scored, and domination of opponents, not simply winning games. Any national title hopes hinge upon the arm

of senior quarterback Colt McCoy as the Longhorns desperately need to step it up on offense.

NBA

It has been a while since Sacramento head coach Paul Westphal last coached, but his style of an up-tempo run and gun offense is exactly what made the Kings of the past, The Kings. With a solid young nucleus, the Kings should soon be back in playoff contention with the keyword being "soon."

MLB

The Los Angeles Angels of Anaheim have lost simply for one reason, poor fielding. Once known for their great defense, the Angels have made 5 errors in the first two games of the series and have handed the Yankees runs they never should have.

Nascar

With NASCAR mania spreading all over, it was only appropriate for the sport to finally have its own Hall of Fame. NASCAR founder Bill France Sr. headlined the five inductees into the first Hall of Fame class, with a group that included Richard Petty, the seven-time Cup champion and NASCAR's all-time wins leader, Dale Earnhardt, NASCAR's other seven-time champion, Junior Johnson and Bill France Jr.

Tiger X Class Review: Hip Hop

Kelly Asmus
Pacifcan Staff Writer

Want a fun and exciting way to get a great workout and maybe learn some new moves to bring out to the dance floor? Well, try the Tiger X Hip Hop class, Friday afternoons at 3 p.m.

The class starts out with some warm-ups, different isolation exercises, body rolls, slides, and other activities vital to that day's routine. Every week the instructor teaches the class a different routine, incorporating old and new hip hop moves with upbeat and contemporary music.

Freshman Karla Cortez, after taking the class, stated that, "She (the instructor)

is really nice, she has a good idea how difficult to make the moves. Both guys and girls can have a lot of fun in this class."

Shanta, the enthusiastic instructor, encourages everyone to throw their own flair into the moves. She stated that, "I tend to choreograph more female moves so I defiantly tell any guys that come to the class to change the move to make it more masculine, as long as it doesn't mess up the counts."

This class is a great way to get an impressive work out, and have a lot of fun. Even if you don't get the moves the first time, just stumbling along with a friend can create many laughs and memories.

Sustainability Coalition
Climate Change Commitment

October 19th - October 22nd

Tables outside the UC

11am - 2pm

A group picture will be taken on Thursday October 22nd @ 5 pm in front of the UC.

350.org will collect these images from around the world and, with your help, deliver them to the media and world leaders. Together, we can show our world and it's decision-makers just how big, beautiful, and unified the climate movement really is.

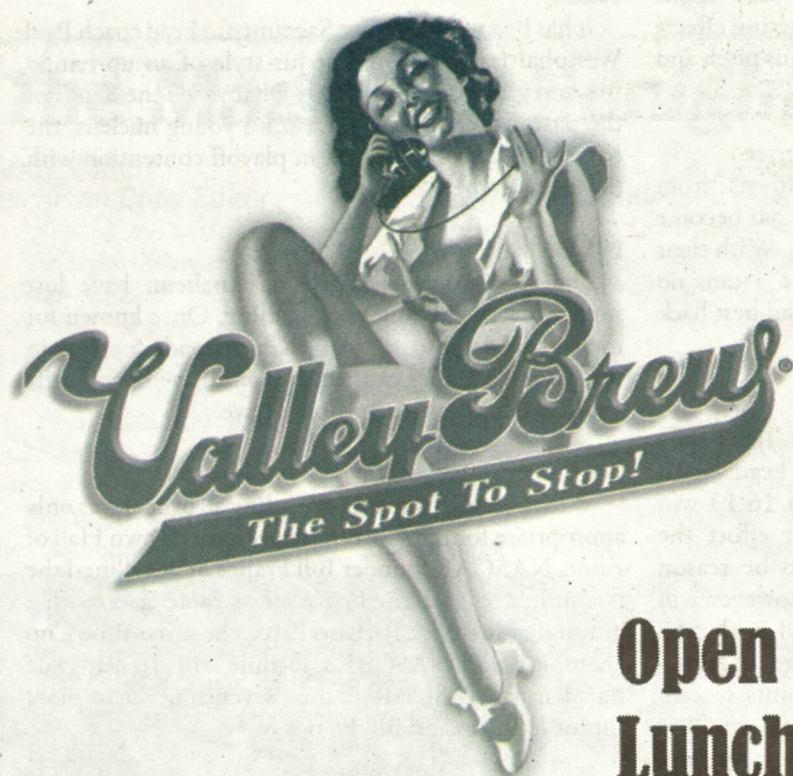
350.org's mission is to inspire the world to rise to the challenge of the climate crisis—to create a new sense of urgency and of possibility for our planet. Our mission is to inspire the world to rise to the challenge of the climate crisis—to create a new sense of urgency and of possibility for our planet.

Are you doing your responsibility?

To help with this event – contact Jaiya Ellis - jellis@pacific.edu 6-2763

Tiger X Schedule for Week of Oct 22 - Oct 28

10/22	10/23	10/24	10/27	10/28
Cycle Fit: 7-7:45 a.m. Rubber Room	Pilates: 7-7:45 a.m. Wood Room	Step: 3-4 p.m. Wood Room	Cycle Fit: 7-7:45 a.m. Rubber Room	Gentle Yoga: 12:15-1 p.m. Wood Room
Lunch Time Yoga: 12-1 p.m. Wood Room	Boot Camp: 1:30-2:30 p.m. Wood Room	Cardio Dance: 4-5 p.m. Wood Room	Lunch Time Yoga: 12-1 p.m. Wood Room	Zumba: 4:30-5:30 p.m. Wood Room
Cardio Dance: 5-6 p.m. Wood Room	Hip Hop: 3-3:50 p.m. Wood Room	Yoga: 5:30-6:45 p.m. Wood Room	Yoga: 5:30-7 p.m. Wood Room	Yoga: 5:30-6:45 p.m. Wood Room
Cycle: 6-7 p.m. Rubber Room	Pilates: 4:30-5:30 p.m. Wood Room	Self Defense: 7-8 p.m. Wood Room		Cycle: 7-8 p.m. Rubber Room
Capoeira: 7-8 p.m. Rubber Room		Cycle Fit: 7-8:00 p.m. Rubber Room		Get to the Core: 8-8:30 p.m. Rubber Room
		Cardio Kicks: 8-9 p.m. Wood Room		



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THURSDAY	MEXICAN FOOD -- ALL DAY
FRIDAY	FISH SPECIALS -- ALL DAY
SATURDAY & SUNDAY	NOON TILL 5:00 \$5.00 PITCHERS OF AMERICAN PALE ALE

